

Lolo School District

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Recipe Sizing Report

Jun 15, 2012

000180 - Butternut Squash Pancakes :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 30

Size of Portions: 2 each

Step 1

900158 FLOUR WHEAT.....	3 lbs + 12 ozs
900241 baking powder.....	40 (1/8 TSP)
002010 CINNAMON,GROUND.....	1 Tbsp + 2 tsp
002047 SALT, TABLE.....	1.25 tsp
002011 CLOVES,GROUND.....	1.25 tsp
901777 SQUASH, WNTR, BUTTRNUT, RAW.....	3 qts + 3 CUPS (cubes)
001123 EGG, WHOLE, RAW, FRESH.....	5 large
001082 MILK, LOWFAT, FLUID, 1% MILKFAT, W/ VIT A..	1 qt + 0.375 cup

Cook and puree your squash the day before, you will need 2 cups.

mix eggs, spices and squash, slowly add your flour.

Drop 1/4 cup of batter per pancake and cook until done

*Nutrients are based upon 1 Portion Size (2 each)

Calories	237	kcal	Cholesterol	37	mg	Protein	12.27	g	Calcium	*70.13*	mg	8.42%	Calories from Total Fat
Total Fat	2.22	g	Sodium	228	mg	Vitamin A	*272.6*	RE	Iron	*2.25*	mg	*1.92%*	Calories from Sat Fat
Sat Fat	*0.51*	g	Carbs	46.92	g	Vitamin A	*905.0*	IU	Water ¹	*90.43*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	D. Fiber	*6.80*	g	Vitamin C	*7.2*	mg	Ash ¹	*0.94*	g	79.20%	Calories from Carbs
												20.71%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.